



Little Meditations

Avinash Jalani

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Little Meditations are poems dedicated to those moments when feelings are clustered, those moments when the breathe is slow and deep, those moments when thoughts just pass by, those moments when waiting is the only option, those moments when let go comes with a tear and a smile, those moments when the feelings take over and do not make sense.

These poems are from the journey between those moments and hoping you may drift away in to few moments of transcendence without an artificial pressure to find meaning or purpose. You are here to heal yourself.

Little Meditations Details

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From Reader Review Little Meditations for online ebook

Tanya says

A beautiful collection of poems which will bring You some peace and quiet from your busy life. It will give you time to be just you

Roxanne says

This is a Goodreads win review. This is a nice little book about meditations. They are nice and flowing and calming.

J.D. DeHart says

In Little Meditations, poet Avinash Jalani uses repetition and words of life to capture the world in verse. The goal here seems to be sharing perspective, rather than impressing with academic terminology.

Jalani often uses gerundial language and words of action to set forth descriptions of emotions and experiences. Word play abounds with alliteration and inward wandering. Right on, and rightly so, as poetry is uniquely suited for this kind of work.

There is something spiritual, as well as something illuminating, about traveling through these poems. Images often break up the verses and there are many titles contained in this collection.

Well worth reading for those who enjoy quality verse.
